

# **ENGLISH SUMMARY**

## SUMMARY

Premenstrual syndrome (PMS ) is a term used to designate a set of symptoms occurring during the luteal phase of the menstrual cycle and disappearing at the onset of menstrual flow. Many investigators believe that PMS like all physical diseases arises from disordered physiology, others explain PMS symptoms on a psychogenic basis.

Numerous reports have suggested a role of spironolactone in improving different PMS symptoms.

### **Aim of the work:**

The aim of this work was to assess the effect of spironolactone in improving somatic, depressive, anxiety and impact on life style symptoms of premenstrual syndrome.

The present study included 50 females at child bearing period presenting with premenstrual syndrome symptoms from the outpatient Gynecology Clinic of El Moniera General Hospital ( 36 patients ) in addition to ( 14 girls) from Faculty of Girls – Ain Shams University.

Each patient was subjected to detailed history taking, complete clinical examination and abdominal ultrasonography to exclude pelvic pathology.

The results of the study revealed that spironolactone 100 mg daily at night from day 14 of the menstrual cycle until the first day of the following menstruation gave significant improvement of somatic, depressive, anxiety and impact on life style symptoms of PMS. While placebo use was non significant for somatic symptoms but gave significant statistical improvement for depressive, anxiety and impact on life style symptoms.

## **CONCLUSION & RECOMMENDATIONS**

This study concluded that spironolactone has a beneficial effect over placebo in the treatment of somatic symptoms of premenstrual syndrome. While, its effect in improving depressive symptoms, anxiety symptoms and impact on life style symptoms is equal to that of placebo, denoting the non specificity of spironolactone on those symptoms.

**From psychological approach of PMS we noticed that:**

1. A separate premenstrual syndrome clinic is essential.
2. It is important to take the distinction between primary premenstrual syndrome and secondary PMS.
3. Questionnaire specifically designed for the Egyptian women who may confront particular factors not shared by other women is a must.

## مقياس ذاتي لأعراض ما قبل الطمث

التاريخ :

السن :

الاسم :

الحالة الاجتماعية :

عدد مرات الإنجاب :

إرشادات : الأسئلة التالية تقيم بما تشعرين به اليوم.

من فضلك أجيبي ب (لا) أو نعم و إن كانت الإجابة نعم حددى ما إذا كانت الأعراض بسيطة, متوسطة أو شديدة التأثير.

	لا	بسيط	متوسط	شديد
١				
هل يتلافى نفسك عارزه تبعدى عن الأشخاص المقربين لك ؟				
٢				
هل تشتكى من نوبات بكاء مفاجئ (بدون أسباب) ؟				
٣				
هل لاحظتي إن وزنك زاد خلال الأسبوع اللي فات ؟				
٤				
هل قل مستوى أداؤك في المدرسة أو العمل ؟				
٥				
هل بتحسنى أنك متضايقه بدون سبب واضح ؟				
٦				
هل بتفضلي تبقى لوحدة و تبعدى عن النشاطات العائلية (رحلات أو زيارات مثلا) ؟				
٧				
هل بتحسنى بالصداع ؟				
٨				
هل بتحسنى إنك مش قادرة تاخذى قرارات مطبوعة خلال هذه الفترة ؟				
٩				
هل بتحسنى بحاله مفاجئة من الحزن أو التوتر ؟				
١٠				
هل بتحسنى إنك سريعة الانفعال و التوتر أكثر من العادى ؟				
١١				
هل بتحسنى بغضب شديد أو ضيق شديد قد يستمر لفترات طويلة ؟				
١٢				
هل بتحسنى إنك مش قادرة تتراسخ و إنك مشدودة و متوترة (على حافة الانفجار) ؟				
١٣				
هل يسوء حكمك على الأمور خلال هذه الفترة (مثلا تؤجل اتخاذ قرارات مهمة) ؟				
١٤				
هل عندك إحساس بتقليل قدر نفسك ؟				
١٥				
هل بتحسنى إنك مش قادرة تعملى شغلك العادى (الروتين اليومى في البيت أو العمل) ؟				
١٦				
هل تشتكى من أى متاعب جلدية ؟				
١٧				
هل بتحسنى إنك مرتبكة و مضطربة ؟				
١٨				
هل تفضلي تبقى في البيت و عدم الذهاب للعمل أو مقابلة الأصدقاء ؟				
١٩				
هل مش بتقدرى تنامي بسهولة ؟				
٢٠				
هل بتحسنى بغص في الرحم أو ألم في الحوض ؟				
٢١				
هل بتحسنى إنك عارزه تنامي لفترات أطول ؟				
٢٢				
هل بتحسنى بالإرهاق و التعب لأقل مجهود ؟				
٢٣				
هل بتحسنى بآلم في صدرك (الثدي) عند لمسه ؟				
٢٤				
هل بتحسنى بميل للقيء ؟				
٢٥				
هل بتحسنى بالرغبة في تناول أطعمة معينة (الحلويات مثلا) ؟				
٢٦				
هل بتحسنى بصعوبة في التركيز أو كثرة النسيان ؟				
٢٧				
هل لاحظتي إن صدرك كبير أو إن رجلك ورمت أو بطنك انتفخت ؟				
٢٨				
هل أصبحتي متقلبة المزاج ؟				
٢٩				
هل بتحسنى بآلم عام (إن جسمك مكسر) ؟				
٣٠				
هل تفكرى إن اللي حواليكى لاحظوا التغيرات ده ؟				

Appendix (1)

## Moos Menstrual Distress Questionnaire

### **PAIN**

Muscle stiffness  
Headache  
Cramps  
Backache

Fatigue  
General aches and pains

### **CONCENTRATION**

Insomnia  
Forgetfulness  
Confusion  
Lower judgment  
Difficulty concentration  
Distractible

Accidents  
Lower motor coordination

### **BEHAVIORAL CHANGES**

Lowered work performance  
Take naps; stay in bed  
Stay at home

Avoid social activities  
Decreased efficiency

### **DECREASED REACTIONS**

Dizziness, faintness  
Cold sweats  
Nausea and vomiting  
Hot flushes

### **WATER RETENTION**

Weight gain  
Skin disorder  
painful breasts  
Swelling

### **NEGATIVE AFFECT**

Crying  
Loneliness  
Anxiety  
Restlessness  
Irritability  
Mood swing  
Depression  
Tension

### **AROUSAL**

Affectionate  
Orderliness  
Excitement  
Feeling of well being

### **CONTROL**

Feeling of suffocation  
Chest pain  
Ringing in ears  
Heart bounding  
Numbness  
Blind spots, fuzzy vision

## **Appendix (II)**

## SELF-RATING SCALE FOR PREMENSTRUAL SYNDROME

Name : Date :  
 Marital status : Age :  
 Parity :

**Instructions** : The following questions are concerned with the way you feel or act today

Do you find yourself avoiding some of your social commitments?	Yes	No
Do you feel like crying?	Yes	No
Have you gained weight during the last week?	Yes	No
Is your efficiency diminished?	Yes	No
Do you feel more angry than usual?	Yes	No
Do you avoid family activities and prefer to be alone?	Yes	No
Do you doubt your judgment or feel that you are prone to hasty decisions?	Yes	No
Do you feel sad?	Yes	No
Do you feel more irritable than usual?	Yes	No
Do you feel persistent anger?	Yes	No
Do you feel as if you were unable to relax at all?	Yes	No
Have you recently canceled previously scheduled social activities?	Yes	No
Do feel self-depreciation?	Yes	No
Do feel difficulty completing your daily household/ job routine?	Yes	No
Do you feel confused?	Yes	No
Do you prefer to stay home alone (do not go to the work or meet friends)?	Yes	No
Can you sleep easily?	Yes	No
Do feel abdominal colic or pelvic pain?	Yes	No
Do you feel that you want to stay in bed longer?	Yes	No
Do you become more easily fatigued than usual?	Yes	No
Do you suffer from painful or tender breasts?	Yes	No
Do you tend to eat more than usual or have an increased desire to specific kinds of foods (e.g. craving for candy)?	Yes	No
Do you find yourself being more forgetful than usual or unable to concentrate?	Yes	No
Do you noticed significant swelling of your breasts and/or ankles and/or bloating of your abdomen?	Yes	No
Does your mood change suddenly without obvious reason?	Yes	No
Do you feel generalized bone ache?	Yes	No
Do you think that your restless behavior is noticeable by others?	Yes	No

### Appendix (III)

Qouted from Steiner M, Haskett RF, Carroll B J;(1980)

The premenstrual syndrome Self Rating Scale (reproduced with permission of Steiner M, Haskett RF, Carroll BJ; Premenstrual tension syndrome; The development of research diagnostic criteria and new rating scale. Acta Psychiat. Scand. 62:177.